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Client Assistance Program



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- **The Client Assistance Program** advocates for persons with disabilities who are clients or applicants of Vocational Rehabilitation, Commission for the Blind, and other Independent Living Programs funded under the Rehabilitation Act of 1973, as amended.
- **CAP can address** questions regarding the Americans with Disabilities Act, Title I, as it relates to the Rehabilitation Act of 1973, as amended.
- **CAP can advise** service providers and consumers having questions relating to the above, or other available community resources for person with disabilities.

HAPPY HOLIDAYS

Air Traveling for Persons with Disabilities and Medical Conditions

One of the primary goals of the Transportation Security Administration (TSA) is to provide the highest level of security & customer service to all who pass through screening checkpoints. Current policies & procedures focus on ensuring that all passengers, regardless of their personal situations & needs, are treated equally & with the dignity, respect, & courtesy they deserve. Although every person & item must be screened before entering each secure boarding area, it is the manner in which the screening is conducted that is most important.

In order to achieve that goal, TSA has established a program for screening of persons with disabilities & their associated equipment, mobility aids, & devices. This program covers all categories of disabilities (mobility, hearing, visual, & hidden). As part of that program, TSA has established a coalition of over 70 disability-related groups & organizations to help them understand the concerns of persons with disabilities & medical conditions. These groups have assisted TSA with integrating the unique needs of persons with disabilities into airport operations. Check the following website for Disability-related items permitted through the security checkpoint.

<http://www.tsa.gov/travelers/airtravel/specialneeds/index.shtm>

PERSONAL SAFETY TIPS FOR PERSONS WITH DISABILITIES

- Stay alert and tuned in to your surroundings.
- Send a message that you're calm, confident, and know where you're going.
- Be realistic about your limitations. Avoid places or situations that put you at risk.
- Know the neighborhood where you live and work. Know the locations of police, fire, hospitals.
- Avoid establishing predictable activity patterns.

At Home

- Put good locks on all your doors, such as double-cylinder, deadbolt locks, but make sure you can easily use the locks.
- Install peepholes on front and back doors at your eye level. This is especially important if you use a wheelchair.
- Get to know your neighbors.
- If you have difficulty speaking, have a friend record a message—giving your name, address, and type of disability to use in emergencies.
- Keep the tape in a recorder next to your phone.
- Ask your police department to conduct a free home security survey to help identify your individual needs.

Out and About

- If possible, go with a friend.
- Stick to well-lighted, well-traveled streets. Avoid shortcuts through vacant lots, wooded areas, parking lots, or alleys.
- Let someone know where you are going and when you expect to return.
- Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket. If you use a wheelchair, keep your purse or wallet tucked snugly between you and the inside of the chair.
- If you use a knapsack, make sure it is securely shut.
- Always carry your medical information in case of an emergency.
- Consider keeping a cellular phone or installing a CB radio in your vehicle.

On Public Transportation

- Use well-lighted, busy stops. Stay near other passengers.
- Stay alert. Don't doze or daydream.
- If someone harasses you, make a loud noise or say "Leave me alone." If that doesn't work, hit the emergency signal on the bus or train.

CHEX MUDDY BUDDIES

9 cups Chex Rice Cereal
1 cup semisweet chocolate chips
1/2 cup peanut butter
1/4 cup butter or margarine
1 teaspoon vanilla
Powdered Sugar

1. Into large bowl, measure cereal; set aside.
2. In 1-quart microwavable bowl, stir together chocolate chips, peanut butter and butter. Microwave uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into 2-gallon resealable food-storage plastic bag.
3. Add powdered sugar. Seal bag; shake until well coated. Spread on waxed paper to cool. Store in airtight container in refrigerator.